

has eliminated most of the side effects I have experienced. The combination is the one I would call my personal favorite (Unless I made it a little weaker. Too strong of a medicine and people cannot drive to work and operate normal day to day lives.) Let us keep our people safe. I do not claim this to be the only method. I have many other recipes.

(You should detoxify on my detoxification recipe after you use best method recipes. The best method is to use unleavened bread biblically. That would be wheat, water and a little oil. Eat a bunch. You can also just eat wheat flour mixed with water and a little oil. If you do not detoxify, the imbalances can affect you adversely. You can actually get very high by not using very much of the medicine. A best method to detoxify or purge your body is to eat 1-2 cups of rice cooked, a little cheese, milk, a little greens and a processed seed/caffeine/milk if you need it. It should be done daily to move out the medicine and replace your cells with a clean, no medicine daily dose. I sometimes lower my favorite best methods potencies and the reduction in sesame seeds or caffeine is an overdose if the previous best method I took was not purged out correctly. The 1 best method is to eat cups of the new best method for many, many days to reacclimatize your cells with the new medicine or when you finally do lower your dose to a tablespoon per day of the best method and you find you are extremely medicated and need a reduction in the drug, I simply eat normal but I use a lot of cooked rice or wheat and a little greens and a little cheese and a lot of milk. It is a purging process. I continue a tablespoon of my new lower potency 1 best method and a cup or more of a rice or wheat and oil to help me acclimate to my new medicine. The other way is to just completely detoxify before using a new, lower dose or lower potency 1 best method or my favorite best method. Another way to lower your dosage is to use the uncooked version in Exhibit G and do this daily. It is wonderful. When the strong medicine slowly weakens and gets to a point where I need more medicine, it is extremely easy to re-balance. Just take a tablespoon or two or more for days of my favorite best method with hot milk in Exhibit G and I am rebalanced. I can just supplement the uncooked version. Continue as needed or just add a little of the favorite best method inside the uncooked versions. This is a food that needs a balance.

#### It is the NEW FOOD GROUP for Treating Illness!

You need to look at my food and the combination as a grouping of unique ingredients that can be interchanged. In Home economics in Junior High I was taught the old basic food groups. They are wrong combinations for this to work properly and heal illness as this patent describes. This is a NEW FOOD GROUP for treating illness. Quantities matter. Combinations matter. Potencies Matter and best of all SEED matters. This is the new food group. Each ingredient interacts with the other ingredients a certain way. You will find these quantities to work as a best method. The Best method for removing cancer and stopping the bleeding of gums and many other illnesses symptoms is the best methods in this patent and my favorite best methods. You can tailor down these best methods to basic Sesame seed/green tea/milk best methods and drink coffee with it. It is effective, but I demand that if you want to remove cancer or gain best results, use the other best methods. This is all you need to do. ABC Drug making, food style.

You will now see how cancer, diseases, mental illness, retardation symptoms and illness problems, illness, illness

symptoms can be subdued with food. I have food combinations that do exactly this. You will have to say it is unique.

#### To My Sick Children Everywhere

You can make this as a Continual Drug. Just place ALL the ingredients in a large pot in the oven. Add all the milk (24 cups) in the Favorite Best Methods or Best Methods (Exhibit D and G) recipe at one time and just cook all of it at 350 degrees stirring constantly until dry instead of only cooking in 4 cups of milk at a time. (I prefer cooking 4 cups of milk until semi dry at a time.) (Heck we could make this in a bread machine!) You never have to grind the seeds or powderize them. It looks like a Betty Crocker recipe. It is not. Then eat cups per day with hot milk and lower the food dose as instructed with oil. (ps. I ate this and lots of it, then quit taking it and 5 days later it is stronger in me than it ever was . . . . A Strong continual medicine. But, I still prefer the milk cooked at 4 cup interval medicine. The only cooked once version does not give me the all day strong anti-stress and narcotic benefit. It is just not quite good enough for me. I wouldn't use the uncooked version either. My illnesses require something strong. I need this drug stronger. I have a stress issue. Heating and cooking the ingredients all the way then repeating that action over and over again enhances this medication. Then have a couple of cups of coffee and eat my balanced food daily. It works. It is Unleavened bread with a sprinkle of cheese and a little green plant in it. This is Unleavened bread with green tea or java. The Jews I speak to say there is no milk in Unleavened Bread. I contend that The Israelites had goats and sheep and they made cakes out of that manna. Either way, this is UNIQUE and this patent is Expressly UNIQUE.

You are sick. You have no choice but to understand this. You just need to judge the food as a multi-illness symptom eradicator for the symptoms in Exhibit A. I will prove my illnesses are physical because I subdued many symptoms and stabilized my emotions and my mind with plain food mixed and processed. These are seed and seed derivative recipes that have virtually eliminated my mood and mind and pain disorder. (My pain can be almost completely removed or subdued. I just adjust the seed and caffeine. Too much seed causes sexual numbness but great pain reliever. I like a 2-3 tablespoon sesame seed measurement for enhanced sexual pleasure. 4 tablespoons cause the numbness to the point of decreased sexual sensitivity. I can easily increase sensitivity by decreasing the seed count, adding a glass of wine, and adjusting the green plant or seed.)

I am not ever going to tell you to take a medicine without a Dr.'s diagnosis. What I will tell you is these drugs are dangerous if you do them without a diagnosis. Would you take a mood stabilizer or an anti-depressant or a stroke medicine or a pain medicine without a diagnosis? I am not here to undermine a Dr. I am here to show you my list of symptoms. Look at my symptoms. Do you have any of these symptoms? I am not here to give you a diagnosis. My doctors got it so wrong that it could have killed me. I had stroke symptoms, blacking out visual impairments like I was being choked and the blood flow was stopped, and retardation and symptoms that look just like Parkinson's disease or Autism or severe ADD and doctor's never ever considered food could cure it. I had a severe mental illness that was physical and mental.

I ask you to use this Detoxification recipe as soon as you quit taking my best method or other recipe. Caffeine has to come out of your body and it is a nasty detoxification. I am telling you this because it can be easy or hard. A rice pellet will pound it out and if you really want to detoxify, eat 2 cups of cooked rice per day with little greens and a little milk and